

COMFORT MEASURES

STANDING OR WALKING



STANDING LEANING FORWARD



SLOW DANCING



SITTING UP



SITTING LEANING



SEMI-SITTING



SIT ON TOILET



KNEE-CHEST



COMFORT MEASURES

LUNGING (KNEE/STANDING)



HANDS & KNEES



KNEELING



SITTING UP



SIDE-LAYING



SQUATING



LAP SQUART



SUPPORT SQUART



COMFORT MEASURES

NON- PHARMACOLOGICAL METHODS

- UNDERSTANDING THE NORMAL PROCESS OF BIRTH
- HAVE A CONTINUUM OF BIRTH SUPPORT
- RELAXATION
- HYPNOSIS
- TENS
- REIKI & MASSAGE
- ACUPRESSURE
- ESSENTIAL OILS
- HYDROTHERAPY
- COUNTER PRESSURE
- REBOZO & MOVEMENT
- DANCING & BREATHING

RESOURCES

- HIGH TOUCH LABOR PAIN MANAGEMENT BY DYLAN WALTON
- [HTTPS://WWW.LAMAZE.ORG/GIVING-BIRTH-WITH-CONFIDENCE](https://www.lamaze.org/giving-birth-with-confidence)
- COMFORT MEASURES FOR LABOR & BIRTH BY BIRTHMARK PDF